

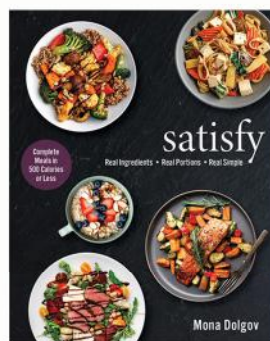
Cooking with Mona Dolgov

SNACKERTAINING EVENT

August 26, 2020



Three favorite recipes from SATISFY Cookbook



Launching Summer, 2020

Pre-order now: www.satisfycookbook.com


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Half Calorie Hummus

Active Prep Time: 15 mins · Serves: 6

I recently traveled to Israel in November, and was able to taste hummus from both Arab and Israeli cultures. They varied in sweetness, texture, and creaminess. But one thing I did notice was the generous amount of olive oil that was added to both recipes. Yes, olive oil is great for you, but being mindful of amounts is important, as there will always be that extra calorie creep. When I got home, I played around with the recipes that I learned, and actually realized that hummus tastes pretty amazing with the right amount of tahini and spice, and the intense olive flavor can come from olives, with, you guessed it, no olive oil!!!

The result is a light and delicious dip the is half the calories, still soooo yummy, and the chopped olives gives it that flavor punch!

Ingredients:

1 (15 to 16-ounce) can chickpeas, drained and rinsed
2 tablespoons tahini
Juice of 1/2 lemon
3 tablespoons water
2 cloves garlic
1/2 teaspoon ground cumin
Salt to taste

Directions:

In a food processor, combine all ingredients and pulse until the chickpeas begin to break up.

Set to high speed and process for a full minute or until smooth and creamy. If the mixture is too thick to blend, simply add an additional tablespoon of hot water.

Season with salt to taste before serving alongside your favorite veggies and gluten-free crackers, for dipping.

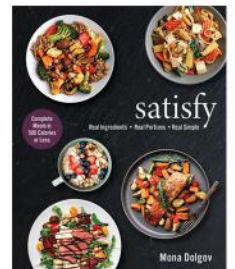
Serve it topped with 2 tablespoons chopped Kalamata olives.

Ingredient Insider: Tahini is a creamy spread made from toasted sesame seeds. You can usually find it in jars in the ethnic food aisle, near the Middle Eastern or Indian foods. Great source of protein and rich flavor. Perfect as a dip for any roasted vegetable too!

Calories per serving: 95 · Fat: 4g · Net Carbs: 8g · Fiber: 4g · Sugars: 0.5g · Protein: 4.5g



Source: SATISFY Cookbook
by Mona Wetter Dolgov



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Bell Pepper Nachos

Active Prep Time: 15 mins · Cook Time: 5 mins · Serves: 4

These nachos are festively colorful and packed with all of the flavors you'd expect, plus have super nutrition! By substituting peppers for tortilla chips, there is far less fat, carbs and calories, and far more Vitamin A, C and fiber. This new version of a classic will also provide you with a good serving of veggies, and a large, satisfying snack for around 200 calories. Perfect for entertaining!

Ingredients:

Olive oil spray
4 bell peppers (any color), prefer red bell peppers
 $\frac{3}{4}$ teaspoons chili powder
 $\frac{1}{4}$ teaspoon oregano
 $\frac{1}{2}$ teaspoon cumin
 $\frac{1}{4}$ teaspoon salt
1 cup shredded Mexican cheese blend
 $\frac{1}{2}$ cup frozen or fresh corn kernels
 $\frac{1}{2}$ cup black beans, drained and rinsed
2 tablespoons minced red onion
2 tablespoons chopped cilantro, optional
 $\frac{1}{2}$ cup salsa, optional

Directions:

Spray a sheet pan with olive oil spray.

Cut tops off bell peppers and discard. Remove and discard seeds. Cut each bell pepper into bite-sized triangular pieces and arrange on the prepared sheet pan.

Season the bell peppers with Chili Spice Blend and salt before sprinkling with $\frac{1}{2}$ of the Mexican cheese blend.

Evenly disperse the corn, black beans, and red onion over the top of the nachos before sprinkling with the remaining Mexican cheese blend.

Place an oven rack in the center position and set broiler to high.

Broil nachos 4–6 minutes, just until bell peppers are crisp-tender and cheese has begun to brown. Serve garnished with chopped cilantro and alongside salsa for dipping.

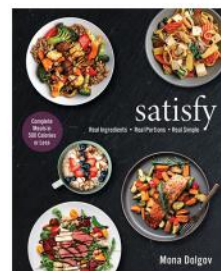
Mona's Tips: These can also be made with a bag of mini sweet peppers, cut in half. They look nice if they are uniform in size and will make a colorful appetizer!

Ingredient Insider: Green peppers are harvested earlier, followed by yellow, orange and red. The red peppers have nearly 11 times more beta-carotene and 1.5 times more Vitamin C.

Calories per serving: 205 · Fat: 9.5g · Net Carbs: 16g · Fiber: 5g · Sugars: 7.5g · Protein: 11g



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Super-Fruit Cups

Active Prep Time: 15 mins · Makes: 4

Don't you love all the fruits available in the summer? I want to inspire you to take fruit one step further and add some healthy additions, like herbs, citrus splashes, and crunchy toppings to make them "super-fruits" filled with extra nutrient power and amazing flavors. Great for entertaining too! I love making cute sampler cups....and being mindful of toppings, you can try all 3 fruits ...yes for 100 calories.

I love pairing fruit with herbs for a light and refreshing dessert that is packed with nutrients while still being sweet and satisfying. This recipe makes three variations that pair different fruits with other complementary ingredients.

Ingredients:

Honeydew / Mint / Lime

3/4 cup chopped honeydew melon
1/2 tablespoon honey
1/2 tablespoon chopped fresh mint
1 teaspoon lime zest

Peach / Ginger / Almond

3/4 cup chopped peaches
1/2 tablespoon honey
1 teaspoon grated fresh ginger
2 tablespoons finely chopped almonds

Strawberry / Basil / Chocolate

3/4 cup chopped strawberries
1 tablespoon chopped fresh basil
2 tablespoons miniature dark chocolate chips

Directions:

For the best results, start with chilled fruit. Set out 3 bowls or food storage containers.

Place the ingredients for each variation into each of the bowls and toss to combine.

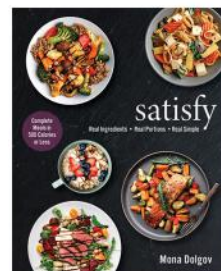
Serve by splitting each variation into 4 small serving cups and serving one of each variation to each person.

You can also serve all 3 variations in single bowls or on single plates, keeping each variation as separate as possible. butter, but I've replaced that with the mono-unsaturated (heart-healthy) fat of avocado in this recipe.

Calories per serving: 110 · Fat: 6.5g · Carbs: 14g · Fiber: 3g · Sugars: 10g · Protein: 2g



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